

Avoid overdose!



Feeling sick?

Your risk of overdose is higher if you're **sick, feeling unwell** or if you have **long-term or chronic health issues** (like diabetes).



Mixing drugs can be deadly

Mixing **alcohol, legal drugs, prescription medicine, and/or street drugs**: combining **any of these** can be deadly.

If you're mixing drugs with alcohol, it's **safer** to take drugs before drinking.



Be careful!

Never use alone.
Start with a very small amount.
Go slow.

Lower your risk!

Start with a small amount if:

You haven't used drugs for a while.

It's a new drug, a new dealer, or a new batch - it might be stronger than usual.

Choose a safer way

Swallowed drugs are usually safer than snorting, smoking, inserting and injecting.



Except for edible cannabis/marijuana which can be more dangerous.

Be prepared, just in case



Ask a friend or family member to be there.

Know where to call for help in your community:

MISTISSINI EMERGENCY NUMBERS

CMC (Clinic): (418) 923-3376

Police/First Responders: (418) 923-3278

You are not alone!



If you or someone you know is thinking about suicide or self-harm, **please get help** in your community by contacting your local CMC or police.

To talk to someone **24 hours a day, 7 days a week**, call:

Cree Youth in Crisis Hotline:
1-800-409-6884

First Nations and Inuit Hope for Wellness Help Line:
1-855-242-3310

If you or someone nearby might be overdosing, act fast! **Get emergency medical help right away.**

If you're calling emergency services for someone nearby, **stay with them until help arrives.**

FOR MORE INFORMATION:
creehealth.org/OD



PUBLIC HEALTH DEPARTMENT
OVERDOSE AWARENESS AND HARM REDUCTION CAMPAIGN 2018
Everyone can learn and help keep everyone safe.